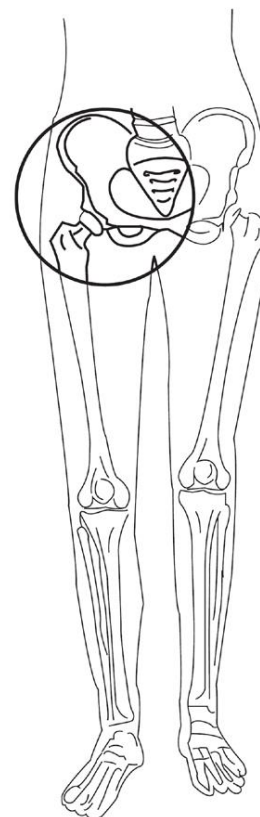
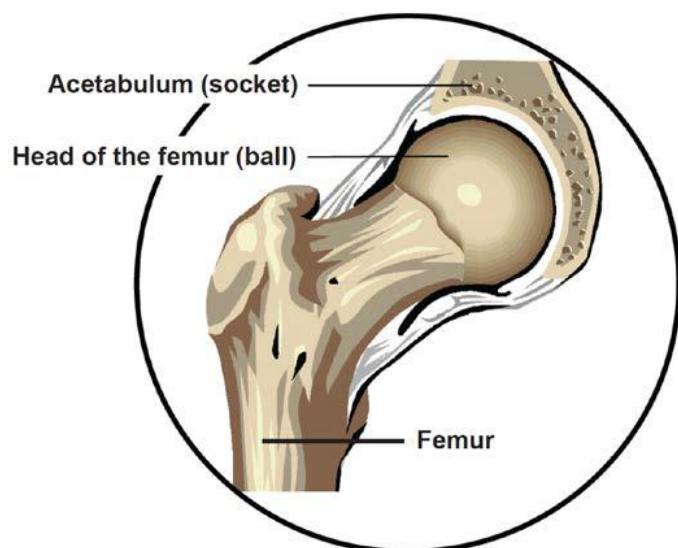


## When you're having surgery for a fractured hip

The hip includes the head or "ball" of the thigh bone (femur). The thigh bone fits into the socket of the pelvis. Ligaments and muscles hold the joint in place.



### Why do hip fractures happen?

Hip fractures almost always mean that your bones aren't strong. This is called osteoporosis.

### What are the types of hip fractures?

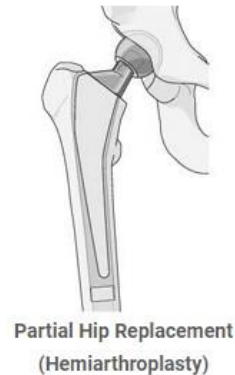
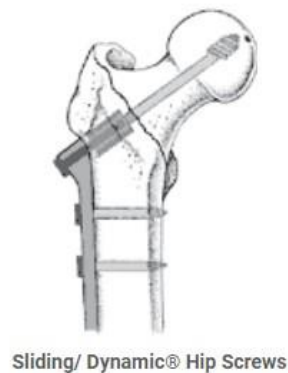
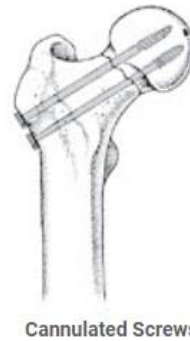
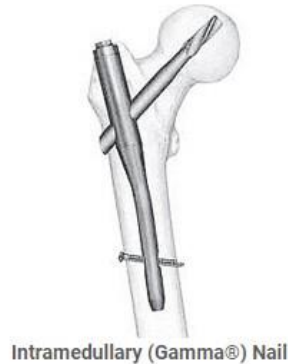
The hip can break:

- across the neck of the bone (transcervical/subcapital)
- below the neck of the bone (intertrochanteric)
- across the shaft of the bone (subtrochanteric)



## How are hip fractures fixed?

There are many ways to fix the hip. How it's fixed depends on the type of hip fracture you have. Some of the ways are shown below:



Your surgeon will talk to you about the repair you need. If you have questions, please ask your surgeon or your nurse. If you can, have someone with you to help you remember what's said. If no one is there when the surgeon speaks with you and you want someone else included, please ask your surgeon to call them.

## Confusion or delirium

Some people become confused or delirious after a hip fracture. Family members and friends can help by letting the doctor or nurse know if you're not acting like your usual self.

## Before your surgery

### Deep breathing and coughing

Before and after surgery, your breathing can be shallow because you aren't active. This may cause problems like pneumonia. You'll be shown deep breathing and coughing exercises to do before and after surgery to keep your lungs clear. Do these exercises 10 times every hour while you're awake.

### Managing your pain

It's normal to have pain with a broken hip. You'll be offered pain medicine. Please tell your nurse when you're having pain. Don't be afraid to ask for pain medicine. You're the only person who knows how much pain you're in.

## What if I'm on call for surgery?

Surgery to fix a fractured hip is usually done "on call". This means that a time has not been set for your surgery. When you're on call, it means that you're on a list with other patients waiting for a block of time when your surgeon can operate. Sometimes the wait can be longer than expected.

If your surgery is postponed, your healthcare team will let you know that you can have something to eat and drink. Please try to eat and drink if you're allowed, as you'll usually feel much better with something in your stomach. You'll be offered something light, such as a sandwich, soup, or small snack, like cheese and crackers with a drink.

## After your surgery

The Fracture Liaison Service (FLS) team will talk to you about your bone health.

### Managing your pain

Tell your nurse when you're having pain. Taking your pain medicine before walking and doing your exercises will help you recover faster.

## Getting up after surgery

Your surgeon will let you know how much weight you can put on your repaired hip as well as when you can begin moving. A physiotherapist will see you and make a plan for you. This plan will include both bed exercises and movement.

The goal is for you to get back to the activities that you were able to do before you fractured your hip. The exercises and movement will help you to reach that goal.

It's important to follow the directions of your nurse and therapist when you walk. They'll teach you to walk with your aids, as well as move in and out of bed and up and down to your chair. If you have any questions, please ask.

Use a walker or crutches **at all times** until your healthcare team says you don't need to use them anymore.

Your physiotherapist will give you a copy of the exercises that you will need to do to move more easily and get stronger. It's very important that you follow the instructions.

## Getting ready for discharge

The goal is for you to go home as soon as it is safe for you to do so. Some people go home from the hospital, while others go to another setting first.

As you recover, you will be assessed to see how well you're able to do everyday activities (for example, getting in and out of bed on your own, getting dressed, walking with an aid, managing meals, and so on). The sooner you can manage on your own, the sooner you'll go home. The staff will help you, but the real work is yours.

It's important to arrange to have someone stay with you if you live alone. How long they stay will depend on your recovery and how your home is set up. You'll also need someone to prepare some meals for you or you can arrange for Meals on Wheels. Call or text [Alberta 211](#) to find meal delivery services and other supports close to you.

## Getting your home ready

It's important that all recommended equipment is in place before you go home. Your therapist will assess you before you go home and let you know what you need. You may need equipment like:

Raised Toilet Seat



Bath Seat and Grab Bars

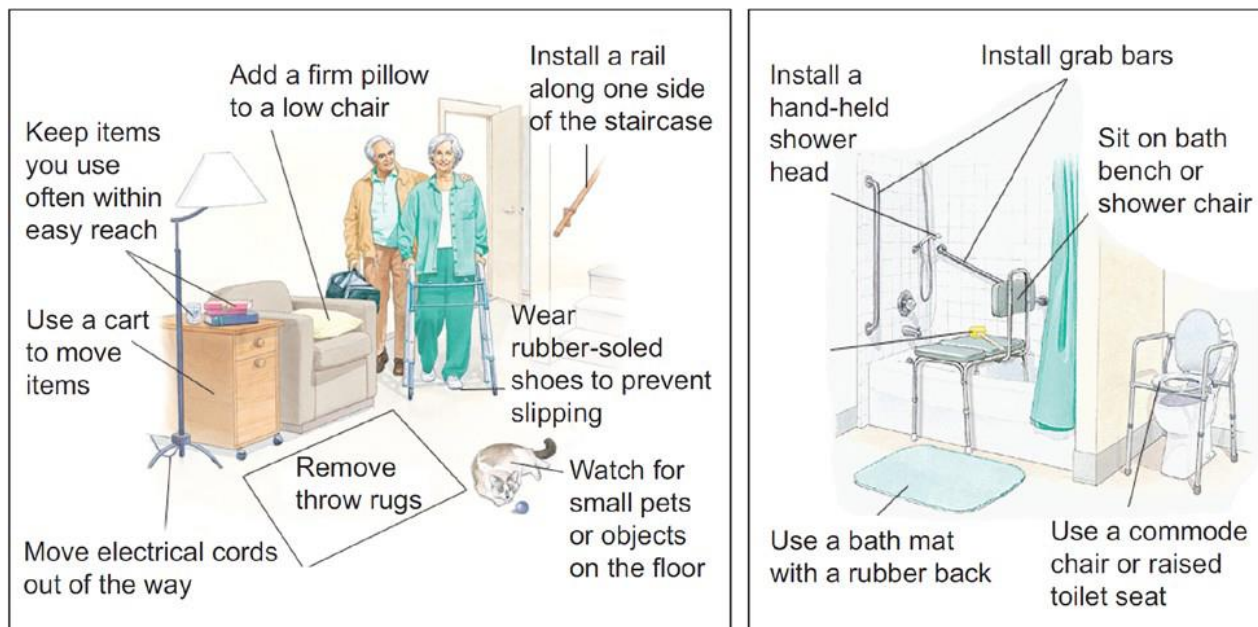


Reacher



You may need help from family or friends because some activities will be hard to manage on your own (for example, laundry, buying groceries, vacuuming, meals, or driving). Have someone go to your home and make sure there are **no tripping hazards** (like throw rugs). It's a good idea to move the things that you use often so that you don't have to bend or reach for them.

Before you go home, you should have someone make sure that your house is set up for you as you recover. The illustrations below show you the kinds of things to look for or do.



Source: <http://mountrnittany.org/wellness-library/healthsheets/documents?ID=205>

## Once you're home

### Managing osteoporosis

It is important for you to make an appointment with your family doctor to make sure that your regular medical care is up to date or updated, if needed, after your recent hip fracture.

### Preventing falls

If you feel less steady than before or are afraid of falling, ask your Home Care office if an occupational therapist can come to your home to suggest simple changes that can make your home safer for you.

Ask your doctor, Home Care, or other healthcare providers if there are balance classes or exercise groups to help you work on your balance, muscle strength, and stamina. Some places have exercises or fitness classes for people recovering from surgery or illness.

There are also alert systems that you can activate if you do fall. These systems can give you and your family peace of mind if you live alone.

**For 24/7 nurse advice and general health information call Health Link at 811.**

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**Author:** Bone & Joint Health Strategic Clinical Network, Alberta Health Services

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